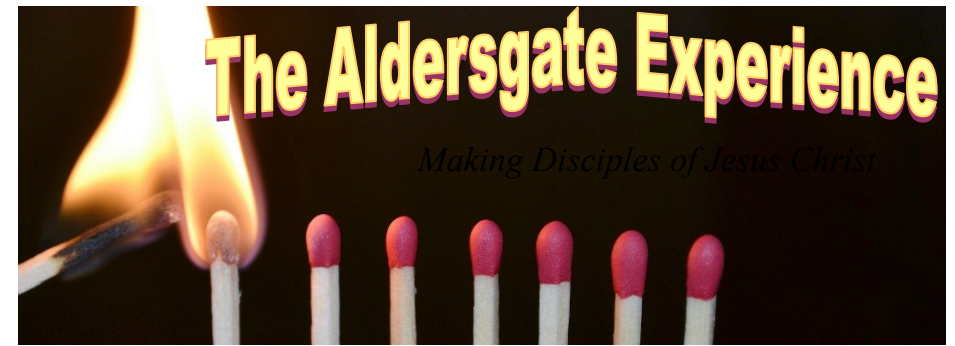


Aldersgate United Methodist Church  
5767 Sellger Drive  
Norfolk, Virginia 23502-5239



July, 2018

Vol. 21 Issue 7

Saturday, August 4th



Church Social Hall

9 AM



## Double Up!

A good vision statement is a picture of a preferred future that inspires. Aldersgate Church has painted a picture of our future. But there's a problem. Vision tends to leak. Over time, we can forget that vision. Once in a while we need to be reminded of it so we can stay focused on it. So, here's a reminder...

*We envision a vibrant and diverse church devoted to challenging people in spiritual growth, building relationships, and meeting needs in the community.*

Every one of us has a responsibility and role to contribute in bringing our future vision into a present reality. So, I want to *challenge you in your spiritual growth to build relationships* with those who have no church family, by inviting them to join us in *meeting needs in our community.*

On August 1-4, we will be in mission to serve the needs of our community. I challenge you to invite someone not connected to a church, to join you in at least one mission project. We will be serving the homeless, assisting at the Food Bank, packaging meals for a 3<sup>rd</sup> world country, and more. Check out the variety of opportunities to make a difference in our world. Sign up...and invite someone to make a difference with you. I want to challenge you to...double up!

**MISSIONWEEK**  
LIVING FAITH THROUGH ACTION.



## The Aldersgate Experience

Aldersgate United Methodist Church  
"Making Disciples of Jesus Christ"

5767 Sellger Drive, Norfolk, Virginia 23502  
Phone: 757-466-8999 Fax: 757-466-8999  
Parsonage: 757-461-3201

Email: [joyce@aldersgateumcnorfolk.hrcoxmail.com](mailto:joyce@aldersgateumcnorfolk.hrcoxmail.com)  
Web page: [www.aldersgatenorfolk.org](http://www.aldersgatenorfolk.org)  
"Like" us on Facebook

Bishop.....Rev. Sharma D. Lewis  
District Superintendent...Rev. Wayne Snead  
Pastor..... Rev. Lee J. Crosby  
Lay Leader..... Beverly Cooper  
Music Director.....Cindy Crosby  
Church Secretary.....Joyce Russo

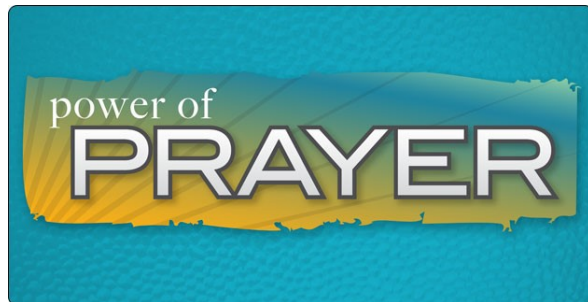
Office Hours.....8:30-12:30 PM  
Sunday School.....9:30 AM  
Worship Service...11 AM  
Worship Choir - Wednesdays.....6:30 PM  
Small Group Study—Thursdays...7 PM

## Re-energize Your Prayer Life

Here are three ways to re-energize your prayer life:

1. **Be Still**— You don't necessarily need words to pray. In Psalm 46, it says, "*Be still and know that I am God!*" Sometimes, we need to just stop performing for God and simply "be still." Set a timer for 3-5 minutes, or find some relaxing music or sound effects that will mark the time. Then be quiet and rest in the presence of God.
2. **Breath Prayer**—a way to practice breath prayer is to silently repeat a single-line prayer with each breath. Address God with something like, "Jesus, Son of God, be merciful to me, a sinner." Other examples are, "Creator God, allow me to see your beauty around me," "Holy Spirit, let me feel your joy," or "O Lord, show me your way." Repeat the prayer with each breath for several minutes. Listen for God.
3. **Praying Scripture**—Praying the scriptures is a powerful tradition. Prayerfully read a passage by stopping every line or so, and praying what comes to mind. This can stretch us to bring before God petitions we might not think of on our own. Praying the Psalms, for example, can call us to address every emotion. Scriptures such as Jesus' healings and parables, Paul's letters, and others, may deeply speak to our needs, help us to praise, or remind us of a promise of God.

Spend some time developing a richer prayer life by finding what works for you. This will allow you to re-energize your conversations with God.



## Care Response Team (CRT)



The Care Response Team sends its deepest condolences to The Hanson Family, The Williams Family and The Floyd Family for the recent loss of their loved ones.

May God bring you peace and comfort in knowing they are with the Lord.

The team has been extremely busy visiting and checking on folks in June. The church office provides emails with updates as requested by individual families. If you are not on the church list and wish to be included in these *E-mailings* please contact Joyce, 466-8999.

If you love working with and visiting people and want to participate in this ministry please contact Cindy, 461-3201.

We will meet again in July, stay tuned for more information.

### In this Issue:

**Coming! Family Movie Nite**  
**Mission Opportunities**  
**Light Rail Ministry Update**  
**Congregational Updates**  
**And more**







## Aldersgate Displays God's Love

On a hot Saturday afternoon, 14 church members gave away cold bottled water to over 240 people at the Tide Rail Newtown Station. It was a fun way to demonstrate God's unconditional love, as many were headed to Harborfest.

## Kidz Worship Team

### July News

July 8th      10:00 Rehearsal and Devotions  
 July 15th    10:00 Warm up and Sing

The Kidz Team sang He Who Watches Over You from Psalms and Psongs on Father's Day! They did a wonderful job and are really learning their songs.

They will debut one more Sunday in July before taking their summer break. Come and listen to them on July 15th singing God's Word through music with the song entitled, "An Undivided Heart."

A big thanks to Jamie, Beverly, Millie, Amy and Linda for their help with devotions, transport and encouragement!

Contact: Cindy Crosby





# DADS are a BLESSING

Surprise your dad or another special man with this Father's Day gift.



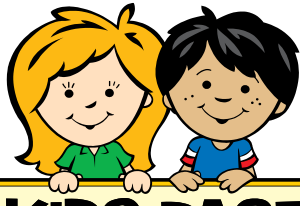
## What you need:

- Photos of you and your loved one (together, if possible)
- Scissors
- 8.5" x 11" paper
- Glue stick
- Marker
- 8.5" x 11" photo frame



## What you do:

1. Cut photos into shapes (hearts, circles, etc.).
2. Arrange photos on the paper, leaving room for a message, and glue them down.
3. Write: "I'm blessed as can be. My heavenly Father has given me the best \_\_\_\_\_ [dad, uncle, friend] in the world, and he belongs to me!"
4. Place your picture message in the frame.
5. Give your gift to show love and appreciation.



KIDS PAGE



## Beloved children

God our heavenly Father loves us so much that he calls us his.

*Directions: Follow the instructions below. Then read the remaining words, going across the rows from left to right, to complete 2 Corinthians 6:18, NIV.*

- Cross out the opposite of blessings.
- Cross out the opposite of found.
- Cross out the disciple who betrayed Jesus.
- Cross out a word for disobeying God.
- Cross out the opposite of love.
- Cross out a word for jail.
- Cross out what happened to Jesus.
- Cross out an animal.
- Cross out a place.
- Cross out the opposite of friends.
- Cross out a book of the Bible.

I	enemies	will	be	Judas
hate	a	Father	to	serpent
you	and	you	will	crucified
cursings	be	my	sons	and
sin	Golgotha	daughters	says	the
Lamentations	prison	Lord	Almighty	lost

Answer: "I will be a Father to you, and you will be my sons and daughters, says the Lord Almighty." 2 Corinthians 6:18, NIV



# Worship Team News



## July 4th — August 8th Summer

The worship team is taking their summer break. Since July 4th is a holiday we will be off all of July and 2 Sundays in August. Returning for rehearsals on Wed, August 15th.

I am very proud of this team, though we had several surgeries with pain and PT, they stood strong and continued to support the team and church through music. God is honored!

Many new songs were added to worship in the past 6 months and we continue to learn new music even now right before break. This will ensure we come back after break strong and ready to sing and give glory to God!

Still searching for musicians...think about it!

Contact: Cindy Crosby 461-3201

**—you are never too old to use your gifts  
which the Lord has given you!**

## Virginia Conference Churches Step Up

Friends,

In the months before this year's Annual Conference, you began to assemble and gather up Kits for school, disaster relief, and baby/child care, and as this assemblage began, you quickly **filled two trailers** with thousands of those gifts. Alongside the Kits collection point was a 26' U-Haul truck in which your 4 Cans 4 Conference were gathered - nearly waist deep! You brought all "the right stuff," including meat/fish, veggies/fruit, soup/stew, and a wonderful assortment of pop-top cans, cereals, sugar, cooking oil, grits (!), noodles, and an array of "Helpers."

***In all, you brought and gave to the Peninsula Food Bank 8,825 pounds of food, plus \$378.00 - which will translate into more than nearly 10,000 meals for those in nutritional jeopardy in the lower Peninsula area of our Commonwealth!***

In addition, **the U-Haul Corporate Office gave us a community service grant of \$400.00**, which covered the cost of renting the truck, and allowed us to use the cash contributions for food. God Bless all the generosity to help those in need! Nearly 2 dozen young men and women came from nearby Langley Air Force Base and helped with collecting, sorting, and keeping things tidy around our truck.... and I'm grateful to Donna Tighe of the Peninsula Food Bank for enlisting their services.

**We've been bringing "4 Cans 4 Conference" since our Conference last met at Scope in Norfolk - about a dozen years, in all. We've given food and monetary gifts to the Norfolk, Peninsula, and Roanoke/Salem area Food Banks and Rescue Mission, totaling well over 100,000 pounds, and almost \$1,000!**

God bless you for your concern for the hungry and folks in need in the shadows of our gathering places, and for your determination to "do something about it!"

Grace to you, and His peace,  
Jim Earley







# FAMILY MOVIE NITE

Saturday, July 28th

6 PM



FREE Popcorn and Drinks!  
Fun for the whole family



## Special Music Selections

### SUMMERTIME

Stay tuned for great songs by wonderful soloists in July and August.

We also welcome several members of the Mt Olivet Contemporary Worship Team who will be worshipping with us in late July. This will be a very special time for us all! Join us!



## Birthdays and Anniversaries



7/2 Maria Davidson	7/20 Mary Ellen Gillispie
Josiah Washington-Om	7/22 Debbie Supper
7/4 Chase Dziagwa	7/25 June Floyd
7/6 Pat Wilson	7/30 Guy Willis, III
7/18 Lindell Davidson	



7/26 Dewey and Millie Hanson

## Remember in Prayer

Home: All of our families who have lost loved ones this past month; any who are ill and those who will be traveling for the summer



Sentara Leigh Hospital—Marie Barker  
The Gardens of Va. Beach—Milton Midgett  
Sentara Village, Rosemont —Shirley Henley



## Ushers

Gary Albertson, Michele Floyd

## Counters

7/1	Neal Windley, Michele Floyd
7/8	Kevin Floyd, Ben Hogwood
7/15	Greg Dziagwa, Jim Powers
7/22	Debbie Supper, Bill Bunch
7/29	Millie Hanson, Gary Albertson



## Lawn Maintenance

7/2	Team 3
7/9	Team 1
7/16	Team 2
7/23	Team 3
7/30	Team 1

## Calendar Highlights

NO WORSHIP TEAM REHEARSALS  
NO SMALL GROUP MEETINGS  
7/28 6 PM Family Movie Night



**NEWSLETTER DEADLINE FOR  
AUGUST EDITION**

**Sunday, July 15th**

You do not have to wait until the deadline to submit articles. Articles may be emailed or left at the office at anytime.



# **MISSION:POSSIBLE**

HIS MISSION. YOUR WORLD.

**Aug. 1-4 (Wed. to Sat.)**

**Join the SERVE Team in  
mission to our community**

**SERVE Projects: feed the homeless,  
visit a Senior Center, assist at the food  
Bank, serve families at the laundromat,  
clean up a park, give Thank You cards to  
first responders, package meals for a 3rd  
world country, etc.**

**Sign up at the registration table in the lob-  
by after Sunday worship.**

**Deadline to register: Sun. July 15**

**FREE T-Shirt to the first 45 participants**

**For more info: email Pastor Lee at**

***leecrosby@vaumc.org***



News from the Pews

Christian Sympathies are extended to **Vernon Williams** and his family for their loss of Hazel Williams.

We also extend Christian sympathy to **June Floyd, Kevin and Michele Floyd, Craig and Lori Floyd** and the extended Floyd family for their loss of Philip Floyd.

Special thanks to the **Helping Hands Group** for all of their support for the local chapter of "Newborns in Need". The teddy bears are such a delight for the new babies and the moms love them too because they can be washed and dried....

Thanks Again,  
Heritage United Methodist Women

Thanks so much for all of the medicine bottles for the mission of St. Matthew. The bottles were delivered to Rev. Wilkerson who will see they get to the mission house in Georgia. Aldersgate's outpouring of generosity is truly amazing.

Joyce Russo

Once again, **Aldersgate members** will come together the first Saturday in August to fill bags of food in the fight against hunger. See Gary Albertson for more information.

**Poplar Halls Elementary children** were treated to cupcakes and cookies and several members attended their Awards Day program. You can check out the pictures on the bulletin board in the Social Hall.

Aldersgate is definitely making a difference in our community.

